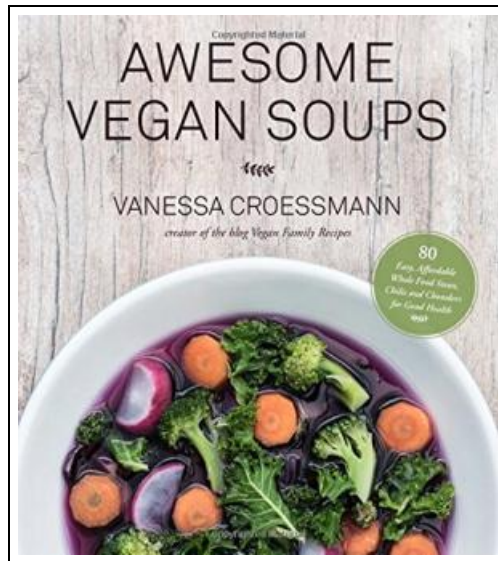


## Awesome Vegan Soups: 80 Easy, Affordable Whole Food Stews, Chilis and Chowders for Good Health (Paperback)



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Page Street Publishing Co., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. Nourish your family with healthy, whole food vegan soups. Without processed flours or sugars, the recipes are effortless to throw together on the stove top and are convenient, affordable and portable, making enjoyably filling meals for the whole family. Vanessa Croessmann shows readers how to create beautifully balanced flavours that highlight a variety of textures {broths, creamy, chunky} and seasonal produce. The 80 recipes feature different soups for different seasons. Think warm soups for fall and winter {Mushroom Quinoa Chili, Chipotle Pumpkin Soup with Apple and Cauliflower Tikka Masala Soup} and cooling soups for spring and summer {Creamy Horseradish Parsley Soup, Celeriac Arugula Soup with Coconut Cream and Crispy Chickpeas and Chilled Creamy Borscht}. Styles included are stews, chilis, chowders, gazpacho, curries, pho, goulash and even raw soups. With the Extras and Toppings of Vegan Sour Cream, Homemade Croutons and Pestos, in *Awesome Vegan Soups*, there s something even meat lovers will love. This book features 80 delicious recipes and 80 mouth watering photographs.



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